Climate Change and Human Health Literature Portal

National Institute of
Environmental Health Sciences

Mental health and global well-being

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Abstract:

A range of evidence-based, cost-effective interventions can be implemented in parenting, at schools, at the workplace and in older age to promote mental health and well-being. Such programmes need to be supplemented with actions to build mental health capital and promote resilience to manage and cope with the global risks that face humankind over the coming years. Actions need to connect mental and physical health and individuals need to be connected through health-promoting social networks; living environments need to be designed to support mental health and well-being; well-being indicators that include material living conditions, quality of life and sustainability can help drive healthy public policy. There is an urgent need to invest in skills training in decision-making, social interactions, building trust and cooperative behaviour that support the family of humanity as a whole as it faces the unprecedented stressors resulting from climate change.

Source: http://dx.doi.org/10.1093/heapro/dar060

Resource Description

Exposure : ⊠

weather or climate related pathway by which climate change affects health

 Unspecified Exposure

Geographic Feature: ⊠

resource focuses on specific type of geography

 None or Unspecified

Geographic Location: ⊠

resource focuses on specific location

 Global or Unspecified

Health Co-Benefit/Co–Harm (Adaption/Mitigation): ⊠

specification of beneficial or harmful impacts to health resulting from efforts to reduce or cope with greenhouse gases

A focus of content

☐

Health Impact: ☒

specification of health effect or disease related to climate change exposure

 Mental Health/Stress

 Mental Health Effect/Stress: Other Mental Disorder

Mitigation/Adaptation: ☒

mitigation or adaptation strategy is a focus of resource

 Adaptation

Resource Type: ☒

format or standard characteristic of resource

 Review

Resilience: ☒

capacity of an individual, community, or institution to dynamically and effectively respond or adapt to shifting climate impact circumstances while continuing to function

 A focus of content

Timescale: ☒

time period studied

 Time Scale Unspecified

Vulnerability/Impact Assessment: ☒

resource focus on process of identifying, quantifying, and prioritizing vulnerabilities in a system

 A focus of content